



WESTONBIRT
— LEISURE —

April 2017

In response to constructive feedback received from members in March, we have implemented a number of changes as below:

- **Ladies Changing Room Flooring** - New flooring will be installed in some areas during April, please keep a look out for alternative changing arrangements within the Leisure Centre which will be required for a couple of days. .
- **Pool Lane Etiquette** - To avoid accidents, please observe the lane direction signage. Further signs have been installed to assist with lane management. Please swim in the appropriate lane and raise any issue of concern with the lifeguards on duty.
- **Swim Hats** - Wherever possible we request that members wear swimming hats in the pool to improve pool water quality for all. To assist with this request, all current members are entitled, during April & May 2017, to a complimentary swim hat which can be collected from a member of staff at reception.

Westonbirt Triathlon

There is still plenty of time for members to enter and train for the forthcoming Westonbirt Triathlon. The event is extremely popular and has limited spaces available. The sprint distance Triathlon event includes a 400m swim, 24k bike ride, culminating in a 5k run. Retail stalls, refreshment stands and the provision of a physiotherapy and massage stand for your post race recovery make the event a real spectacle. Spectators and children are more than welcome to attend. Hosted on Bank Holiday Monday 29th May 2017, the event has fast become the “must do” sprint Triathlon event in the South West. For full details of how you can enter please visit; www.dbmax.co.uk. On-line entry price is £47.00.

April Timetables

The Easter Timetable has been tailored to suit as many members as possible taking into account different Spring Term breaks. We have therefore split April into two different timetables. Please check the ‘Opening Times’ on our website. If the opportunity arises for increased pool time we will publish this as soon as we can online. We are very pleased to welcome back the Armed Forces Christian Union for their residential break over the Easter period.

PLEASE NOTE WE ARE CLOSED EASTER SUNDAY



Be Precision Fitness Blog



With the Summer season fast approaching we see a lot of outdoor events and challenges advertised to try and put your body to the test. Many of these events are a great opportunity to change or adapt your health and fitness routines or give you an insight into the different types of training out there. If you feel you would like to gain further knowledge or would like any advice please do not hesitate to contact one of our personal trainers.

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Telephone: 01666 881404 Email: sportscentre@westonbirtleisure.com Web: www.westonbirtleisure.com

April	Swimming Pool	Fitness Suite & Function Zone	Court Sports & Hall Classes	FT Zone Classes
2017	4 Lanes during early mornings. Lanes / Open = 2 lanes, half open. Open Swim = Recreation Swim.	Available to members aged 16 years and over who have successfully completed an induction	£7.50 per court for non members. Please call to book a court.	Members aged 16 years & over. £1.00 for members, £5.00 for guests.
Saturday	8.00am - 9.00am 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm No Classes
Sunday - (Closed Easter Sunday)	8.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Family Fun Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Be Precision</u> <u>Fit Circuits</u> 10.00am - 11.00am 9th & 23rd No Classes

3rd to 7th April / 18th - 21st April / 24th - 28th April

Monday	7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 6.30pm - 7.15pm (for <u>Boxercise</u>)	<u>Badminton</u> 12.45pm to 1.45pm <u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 12.20pm - 1.30pm 6.30pm - 9.30pm	4 Lanes Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 3.00pm - 4.30pm (for <u>Westonbirt School</u>)	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 5.30pm - 7.15pm
Wednesday	6.30am - 7.15am 8.15am - 9.00am 9.00am - 9.30am 1.00pm - 3.00pm 9.00pm - 10.00pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim	6.30am - 10.00pm Function Zone closed 10.30am - 11.15am (for <u>Sculpt & Tone</u>)	<u>Badminton</u> 12.45pm to 1.45pm <u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 8.15am - 9.00am 9.00am - 10.00am 12.00pm - 1.25pm 6.00pm - 7.30pm 8.30pm - 9.30pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm No Classes
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 8.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 3.00pm - 4.30pm (for <u>Westonbirt School</u>)	<u>Power Boost</u> 9.15am - 10.00am No Classes

Monday 10th - Thursday 13th

Monday	7.00am - 9.00am 9.00am - 10.00am 1.00pm - 3.00pm 5.30pm - 9.30pm	4 Lanes Open Swim Lanes/Open Open Swim	7.00am - 9.30pm Function Zone closed 6.30pm - 7.15pm (for <u>Boxercise</u>)	<u>Badminton</u> 3.00pm to 5.00pm <u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 9.00am - 11.00am 1.00pm - 2.00pm 5.30pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 5.30pm - 7.15pm
Wednesday	6.30am - 9.00am 9.00am - 10.00am 1.00pm - 3.00pm 9.00pm - 10.00pm	4 Lanes Open Swim Lanes / Open Open Swim	6.30am - 10.00pm Function Zone closed 10.30am - 11.15am (for <u>Sculpt & Tone</u>)	<u>Badminton</u> 12.45pm to 1.45pm <u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 9.00am 9.00am - 10.00am 1.00pm - 3.00pm 5.30pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm No Classes
Good Friday & Bank Holiday Monday	9.30am - 10.30 10.30am - 11.30am 1.00pm - 2.30pm 2.30pm - 4.30pm	4 Lanes Family Fun Lanes / Open Open Swim	9.30am - 4.30pm (Please note we are closed on Easter Sunday)	<u>Badminton</u> 10.45am to 4.00pm NO CLASSES